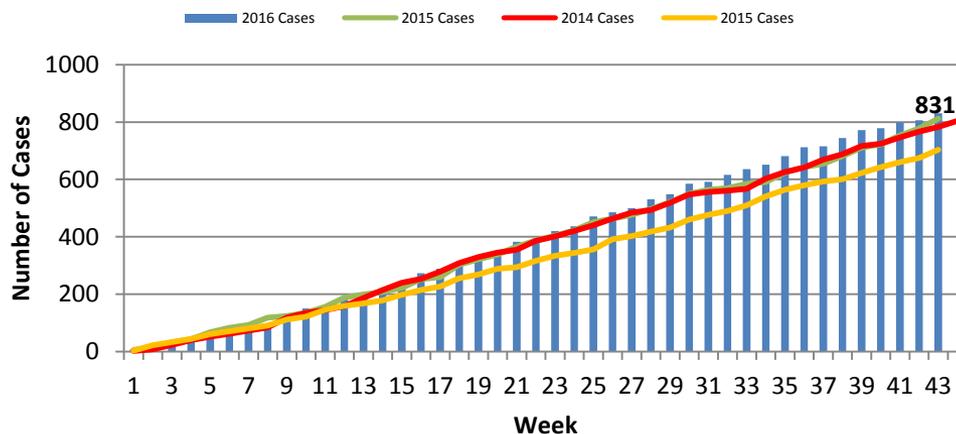


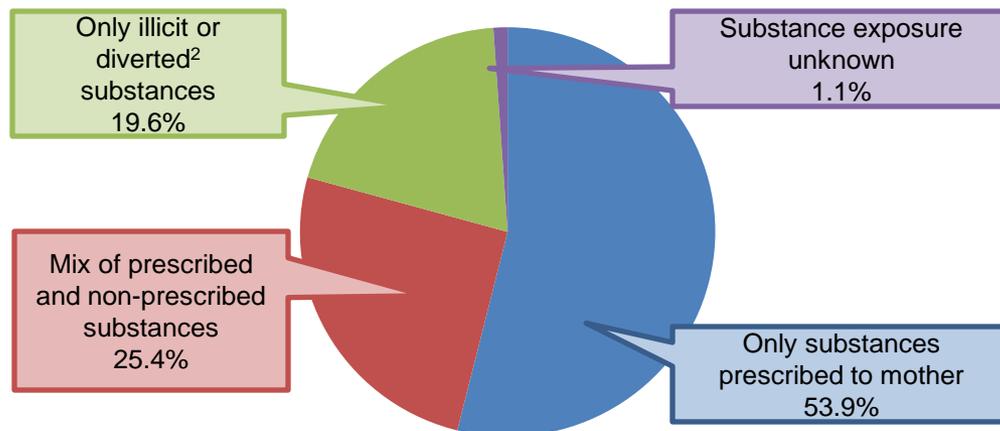
Neonatal Abstinence Syndrome Surveillance

October Update (Data through 10/29/2016)

Cumulative Cases NAS Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **831 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2016
- In the majority of NAS cases (**79.3%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider.**
- The highest rates of NAS in 2016 have occurred in the East, Northeast and Upper Cumberland Health Regions, and Sullivan County.

NAS Prevention Highlight -Tennessee Medical Association Takes Role In Fight Against Opioid Abuse

In 2016, TMA has trained healthcare providers with its accredited Continuing Medical Education course, "Prescribing Practices in Tennessee: What Happened and Where We Are Headed." It is designed to help prescribers adhere to prescribing guidelines to keep patients safe and avoid contributing to the exploding prescription drug abuse epidemic. During the program, participants learn about preventing neonatal abstinence syndrome, responsible management of pain clinics, the importance of educating patients on the pain medicine prescribed, and much more. For more information visit <http://www.tnmed.org/prescribing>.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ³	% Cases
Medication assisted treatment	573	69.0
Legal prescription of an opioid pain reliever	85	10.2
Legal prescription of a non-opioid	64	7.7
Prescription opioid obtained without a prescription	218	26.2
Non-opioid prescription substance obtained without a prescription	93	11.2
Heroin	19	2.3
Other non-prescription substance	126	15.2
No known exposure	9	1.1
Other ⁴	46	5.5

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	54	6.3
East	179	27.4
Hamilton	15	4.2
Jackson/Madison	3	3.0
Knox	77	17.0
Mid-Cumberland	98	7.5
North East	160	55.9
Shelby	3	0.3
South Central	39	9.8
South East	29	9.7
Sullivan	63	49.4
Upper Cumberland	80	24.4
West	31	6.2
Total	831	12.3

NAS Prevention Opportunities

Women of Childbearing Age

- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.
- Query the Controlled Substance Monitoring Database before prescribing an opioid or benzodiazepine and ensure women of childbearing age are prescribed contraception with these substances.

Everyone

- Get help for substance abuse problems by calling 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

Notes

1. Individual weekly summary reports are archived at: <http://www.tn.gov/health/article/nas-summary-archive>
2. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
3. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov